



## Hall Assumes Command of Lincoln

By MC3 JAMES R. EVANS  
Penny Press staff

Capt. Patrick D. Hall relieved Capt. C. Andrew McCawley as commanding officer of the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72) Monday, June 18, in a change of command ceremony held aboard the ship, which was moored at Naval Base Kitsap Bremerton.

"To the officers, chiefs, and crew of Lincoln, it is an honor and a privilege for me to be your new commanding officer," said Hall, Lincoln's ninth commanding officer. "I look forward to working with you and taking this great warship to sea to do what we do best and project power around the world."

During the ceremony, Hall detailed the three actions he says are most important to ensuring that the ship's crew is ready to meet the challenges of any mission.

"Remember these three simple things: take care of your shipmates, always be prepared, and take care of the ship," Hall said. "If we can accomplish these three, we will be ready for any and all mission taskings."

Capt. McCawley, who served as Lincoln's commanding officer for the last two years and plans to retire after 31 years in the Navy, expressed his gratitude toward Lincoln's crew, ombudsmen, and the citizens of Lincoln's homeport during his departing speech.

"I want to extend my special thanks to Lincoln's ombudsmen, who are unpaid contributors to the well-being of the ship's



Photo By MC3 James R. Evans

Capt. Patrick D. Hall speaks to the crew of USS Abraham Lincoln (CVN 72) during the ship's change of command ceremony as Capt. C. Andrew McCawley looks on. McCawley was relieved by Hall Monday, June 18, after more than two years as Lincoln's commanding officer.

crew, and to the communities that have supported Lincoln," said McCawley. "Everett is the best homeport in the Navy. I have not experienced a better or more supportive home in my 31 years in uniform."

The ceremony was held in Lincoln's hangar bay before the assembled crew. Formalities were kept to a minimum due to

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## Warfare Programs Ramp Up As Lincoln Readies for Sea

By MCSN BRANDON WILSON  
Penny Press Staff

USS Abraham Lincoln's (CVN 72) Enlisted Air Warfare/Surface Warfare Specialist (EAWS/ESWS) programs will be providing formal, classroom-style training once the ship begins its sea trials.

During Lincoln's time at Naval Base Kitsap Bremerton, training for EAWS/ESWS qualifications was on a one-on-one,

requested basis only, due to the demands of the shipyard schedule.

"We're going to see a lot more training coming," said Electronics Technician Chief (SW/AW) Kathleen Jackson, the ship's ESWS coordinator. "Once we're underway again, the program will be much more structured. There'll be regular class schedules, murder board and final board schedules, testing schedules – the whole nine yards."

Sailors who are pursuing their qualifica-

tions when the ship is underway will have an easier time finding the designated representatives from each department to train them since everyone will be on board.

"It's easier when we're underway because nobody's going anywhere," Jackson said. "There's always somebody there to help you. It's better when you can get training just by walking around saying 'hey, you're the person I'm looking for.'"

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## NEW CO

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time constraints as the ship's crew prepares Lincoln for sea. Capt. Hall takes command as Lincoln is conducting training and preparation for the ship's return to operational status following a planned shipyard availability at Puget Sound Naval Shipyard.

Prior to assuming command of Lincoln, Capt. Hall served with the Chief of Staff for United States Joint Forces Command, Standing Joint Force Headquarters, Core Element Alpha where he served in support of Hurricane Katrina relief efforts, Combined Disaster Relief Center Pakistan, and in Afghanistan. Hall attended the Naval War College and holds a Master of Arts degree in National Security and Strategic Studies.

Hall has served as commanding officer of Strike Fighter Squadron 87, executive officer of USS Dwight D. Eisenhower, and commanding officer of USS Seattle (AOE 3).

Capt. Hall received his commission in 1982 from the NROTC unit at the University of Texas with a Bachelor of Science Degree in Civil Engineering, and was designated a Naval Aviator in December 1983. As a Naval Aviator, he has logged more than 4,200 flight hours in Navy aircraft including the F/A-18,



Photo By MCSN Brandon Wilson

**Capt. Patrick Hall speaks to the assembled crew of USS Abraham Lincoln (CVN 72) in the ship's hangar bay during a change of command ceremony.**

F-14, F-16, and A-4 and completed deployments aboard USS Saratoga (CV 60), USS Forrestal (CV 59), USS America (CV 66), and USS Theodore Roosevelt (CVN 71).

## WARFARE

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Sailors will also find that being underway with an embarked air wing will prove to be beneficial when pursuing the EAWS pin, since several aspects of the qualification involve aircraft and flight operations.

"One of the most important parts of earning a pin is to help someone advance," said Aviation Boatswain's Mate Electronics Chief (AW/SW) Manolito Lubong, Lincoln's command EAWS coordinator. "One of the first questions asked when someone is eligible for a pay raise is, 'does he/she have a pin?'"

Not only does earning a designator develop Sailors professionally, but it develops them

personally as well.

"There's a sense of pride once you've completed the qualification," Jackson said.

"It's the satisfaction you get when you know that you've done this great big qualification and you get to wear an EAWS or ESWS pin on your chest."

Having the knowledge taught through the EAWS/ESWS program is what gives Sailors a clearer view of Lincoln's features and capabilities. It also gives Sailors a perspective of the various duties and work environments of their shipmates.

"The whole idea behind the EAWS and ESWS program is if you know enough about things around the ship then you can help out in an emergency situation," Jack-

son said. "It makes a more well-rounded Sailor."

All Sailors E-5 and above are required to have their community designator, air or surface, within 18 months of reporting aboard or the day of promotion to E-5. Sailors E-4 and below may request enrollment in their community warfare qualification program upon fulfilling the required prerequisites.

If you would like to know more information about the EAWS or ESWS program or how to earn a "pin" or two for yourself, visit Abenet and check the EAWS or ESWS tabs under "departments."



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# Lincoln Pride

## Week In Review

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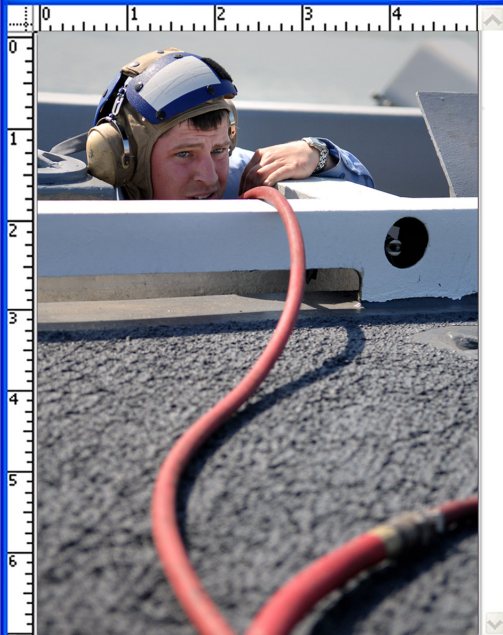
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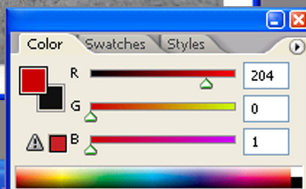


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## Local Stories

# Eating in Seattle Can Be a Cultural Experience

By MCSN KATHLEEN CORONA  
Penny Press Staff

After a great afternoon at the Seattle Art Museum, it's common to feel the rumblings of a hungry belly. You've gotten your fill of art, now you're ready to fill your stomach with delicious food. Two great restaurants in the downtown Seattle area are Café Bengodi's and Zaina.

Located on First and Cherry Streets, Café Bengodi's is a delightful, hole-in-the-wall Italian restaurant. Right on the tip of Seattle's Little Italy, Café Bengodi's has exactly what you need when you're craving the comforts of Italian food.

It's a small restaurant, only a few tables inside and two or three tables outside on the sidewalk. When the weather is nice, it's relaxing to sit at the outside tables, enjoying your meal and watching the festivities in Pioneer Square. Beware; Café Bengodi's has many regulars; sitting a large group inside the building may not always be feasible.

The staff is exceptionally friendly, from the minute you sit down you feel as though you've been transported into someone's dining room for a family meal.

The pasta is all homemade, cooked to the perfect al dente, and paired with mouthwatering sauces. With truly Italian meals, you can never go wrong at Café Bengodi's.

The tiramisu is phenomenal. It is truly the greatest way to finish off a fantastic meal. Rich, creamy and delicious, it's well advised to have someone to share it with. The serving isn't large, but you'll more than likely already be so full from your entrée that a whole dessert might be too much for you.

Only a few doors down from Café Bengodi's is a fantastic Mediterranean restaurant, Zaina.

Zaina has a wide variety of Mediterranean food that will not bust the bank.

Their gyros are to die for. A pita packed full of lamb, chicken or beef, topped with lettuce, feta cheese, and an endless choice of toppings; these gyros are great to share or for the individual with a never-ending hunger.

The walk up counter for ordering and food preparation ensures you're going to get exactly what you want without waiter or waitress interference.

Not only can you enjoy a delicious meal at Zaina, you can also sit



Photo By MCSN Kathleen Corona

**Zaina, a Mediterranean restaurant in downtown Seattle, is a top pick for Seattle's Places to Visit. Its friendly staff and delicious food make Zaina a comfortable, eclectic dinner destination for any Seattle visitor.**

back and relax with a hookah with a variety of flavors to smoke. The "water-pipe" is a staple in many Middle Eastern and Mediterranean cultures. Filled with flavored, sweet tobacco and smoked through hoses, a hookah is a great way to de-stress, hang out with friends and engage in lively conversations.

Hookah smoke is different than cigarette smoke because it is not intrusive. The sweet smelling, light smoke is more like that of incense than tobacco. Zaina's wall of windows helps ventilate the restaurant too, so any lingering smoke quickly dissipates.

For little less than \$30, you can "rent" one of Zaina's many hookahs, pick your flavor and sit in the restaurant for as long as you would like.

Zaina has many regulars who know their stuff when it comes to hookah, and can answer any questions you might have. From flavor combinations to the etiquette of sharing the hookah, no question will go unanswered.

Café Bengodi's and Zaina are both a bit of a walk from the Seattle Art Museum, but the reasonable prices, friendly staffs and intimate seating areas make both restaurants worth the walk.

Of course, the walk back on such a full stomach may seem endless, but it's a great way to burn off all those extra calories you just consumed.

After a long day at the museum, Café Bengodi's and Zaina are definitely both great places to visit.



This week in

June 22, 1865

*-The Confederate raider Shenandoah fires the last shot of the Civil War in the Bering Strait. Shenandoah had been commissioned to attack New England's North Pacific whaling fleet and didn't get word that the war was over until two months after the South surrendered.*

June 22, 1898

*-Rear Adm. William Sampson begins an amphibious landing near Santiago, Cuba during the Spanish American War.*



## Arts & Entertainment

# Fantastic Four is a Fantastic Comic Flick

BY MCSN JOSEPH SCARBERRY  
Penny Press Movie Correspondent

The Fantastic Four, destined to save the world once more, tee off against the Silver Surfer (Doug Jones/Laurence Fishburne [voice]), this time in a race to stop our planet from being swallowed by the terrifying Galactus. Meanwhile, Dr. Doom (Julian McMahon) is once again playing his hand in villainy to defeat our do-gooders.

Combine all of this with the internal struggles of marriage, wants to raise children, and needs for normality, Reed Richards (Ioan Gruffudd), Sue Storm (Jessica Alba), Johnny Storm (Chris Evans), and Ben Grimm (Michael Chiklis) must work together as a team in order to accomplish their goals.

First and foremost, this installment in the Fantastic Four was aimed at a younger audience with its PG rating, as opposed to the PG-13 rating the previous film received. With this in mind, the film is much more family friendly, but it also means the violence that is often found in comic book movies is toned down to be more suitable for children of younger ages.

The storyline is amazingly accurate, as far as staying in line with the comics goes. Most of the major points for this are spoilers, so I won't get into detail, but suffice it to say that not only is the story accurate, but entertaining and riveting for both fans of the comics and the average



movie-goer alike.

The internal struggles of the team are plentiful, and almost feel like "filler." The movie just pushes over an hour and a half, and removing all of the internal strife and struggle between the Four would probably cut at least a half hour from the film.

Digitally, the film crew didn't do a bad job. The Surfer looks amazing and Johnny Storm's flames look as good as they did in the first film. My only complaint is a poorly put together scene where Reed Richards goes to a club and "dances." The animation looked bad and the entire scene was in poor taste.

Galactus is (normally) a giant man in silly purple and blue armor. In the film, they did away with this entirely. Again, spoilers afoot, I'll be careful how I word this, but they changed the look of Galactus and for once, it's for the better... much, much better. Seeing their version of Galactus made the hour-and-fifteen-minute wait worth every second.

Overall, the film isn't bad at all. The CGI work is excellent, the crew is outstanding and the story is brilliant. This is a great movie to see, and worth watching if you enjoy comic book movies.



Four fantastic Scarberries. After all, it's a comic book movie.

# Kids, Don't Try These Cooking Tricks at Home

BY CS3 RYAN P. ANDERSON  
Penny Press Cooking Correspondent

Welcome one and all to this week's edition of "Ask a Cook." It is time once again for CS3 Anderson to answer your questions, so here we go.

**I am a guy who has always loved going to places like "Benihana" and I love to have fun with my cooking as much as I can. Well, one day I was trying to "perform" for my wife and family and during the onion tower, I accidentally lit my stove area on fire. It took me about 10 minutes to put it out and I had to buy a brand new stove. I still love to cook like that, but is there a safer way?**

—Sautee Samurai

Well, honestly the only real answer I can give you is that the safest way to prevent that type of fire would be to stop what you are doing and have your wife do the cooking. However, if you are determined to continue to cook this way I suggest you buy a fire extinguisher and take a class on exotic cooking. Also remember that the grills the professionals use are extremely large for a reason. A house is no place for that type of cooking unless you have a flat grill installed for that exact purpose.

**I am a girl who likes to eat food with a lot of spices and I was just wondering two things: Number one, why does all of the food**

**on the ship taste a little bland? And number two, where would be a good place for me to eat given my tastes?**

—Spice Girl.

To answer your first question, there are two reasons one might find the food on the ship "bland." We do not use a lot of spices because many people either don't like them or may be allergic to them. Once the spices are in the food they don't easily come out, but if we under-spice the food, you can always add more. The other possibility is that because of your love of spice, your taste buds may have become accustomed to having quite an abundance and are not used to having just enough.

To answer your second question, I suggest going to any restaurant that serves Indian food. Indian cooking is well known for its creative use of spices. Using more than 10 different kinds in one recipe is not considered excessive for Indian cuisine. Also try Mediterranean food. Mediterranean spices usually include but are not limited to aleppo pepper, kebsa spices, loomi, ras el hanout, spearmint, sumac and zatar, a wonderful combination for the finicky palate.

## ASK A COOK!

Do you have questions regarding the culinary arts (dessert tips, easy to make garnishes, meal ideas for that special occasion)? Send them to CS3 Anderson at [anderson.ryan@cvn72.navy.mil](mailto:anderson.ryan@cvn72.navy.mil) and he will pick two or three questions each week to answer in his column.



# Local Stories



## Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MCSN Kathleen Corona

Capt. Patrick D. Hall, USS Abraham Lincoln's (CVN 72) new commanding officer, addresses members of Aircraft Intermediate Maintenance Department during a Departmental CO's call in Lincoln's Hangar Bay Wednesday, June 20. Capt. Hall held CO's calls for the entire ship and individual departments this week outlining his command style, objectives, and the ship's schedule, as well as taking questions from the crew.

## Editor's Top 10

Top 10 drills we'll be performing during fast cruise...

10. The DCA's coffee cup tipped over. Away the spill response team.
9. TP situation critical. One-ply team lay to the aft male head.
8. Mystery captain approaching the officer's brow. Security alert! Security alert!
7. Mountain Dew supply dwindling. Quick! Wake everyone up!
6. Air Department set flight quarters to recover Domino's Pizza COD.
5. Deployment and retrieval of the mail buoy.
4. Look! Over in the P-way! It's a bird, it's a plane... NO! It's Potentially Contaminated Injured Man!
3. Round up all the wogs. Crossing the line drill commences at 0400.
2. Breakaway music drill. Commence Metallica.
1. This is a drill, this is a drill... Liberty Call!

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